

Wintergreen

The Look

Wintergreen can be found throughout the year. Usually leaves are in groups of 3-4. They may have white flowers, shaped like teardrops, and may also have berries, which turn red and look like tiny apples. Leaves have a distinctive wintergreen smell when torn or crushed.



Gathering Notes

As when gathering anytime, make sure you have permission to gather in that location, that you only take what you need and do not gather too much. Also avoid areas which have been treated with chemicals.



Safety

Research is limited on wintergreen. If used in small amounts in foods, it is possibly safe. Wintergreen may cause an allergic reaction in people who are allergic to aspirin or other salicylates. It may also interact with those taking blood thinners such as Warfarin (Coumadin). Avoid using Wintergreen oil due to potential life-threatening effects when used on skin or taken by mouth.

Wintergreen Tea

A TEA FOR ALL SEASONS

STEPS:

Boil water. Turn off heat.
Place fresh or dried leaves in hot water.
Allow to steep for as long as desired.
Strain leaves.
Sweeten, if desired.
Enjoy!

NOTES:

The amount of leaves to water ratio can be adjusted depending on taste. Adjust to taste and not color, as the tea should be a pale color.